

Spackenkill High School November 2017 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Served Daily</u> - PB & Jelly Deli Turkey Sandwich Ham & Cheese Sandwich Tuna Salad Sandwich Homemade Hummus Spread w/toasted everything bagel Garden Salad w/chicken or cheese Strawberry Yogurt Parfait</p>	<p><u>5 Vegetable Groups Offered Weekly</u></p> <ul style="list-style-type: none"> • Dark Green • Red/Orange • Legumes (dried beans & peas) • Starchy • Other as defined in guidelines 	<p>1</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>2</p> <p>Pizzeria Slice OR Chicken Pattie Homemade Lentil Soup Fresh Seasonal Fruit</p>	<p>3</p> <p>Roasted Turkey & Rice OR Nacho's w/meat & cheese OR Falafel Pita Homemade Pumpkin Soup Fresh Seasonal Fruit</p>
<p>6</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf OR Personal Pizza Romaine Salad Fresh Seasonal Fruit</p>	<p>7</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>8</p> <p>General Tso Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets Steamed Fresh Broccoli Fresh Seasonal Fruit</p>	<p>9</p> <p>Pizzeria Slice OR Chicken Pattie Homemade Black Bean Soup Fresh Seasonal Fruit</p>	<p>10</p> <p style="font-size: 1.2em;">Veteran's Day</p>
<p>13</p> <p>Baked Macaroni & cheese OR Mozzarella Sticks w/garlic bread OR Personal Pizza Escarole w/garlic and oil Fresh Seasonal Fruit</p>	<p>14</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>15</p> <p>Chicken Fajita OR Meatball Sub OR Ham & Cheese Pockets Lima Beans Fresh Seasonal Fruit</p>	<p>16</p> <p>Pizzeria Slice OR Chicken Pattie Homemade Creamy Garbanzo Bean Soup Fresh Seasonal Fruit</p>	<p>17</p> <p style="font-size: 1.2em;">Superintendent's Conference Day</p>
<p>20</p> <p>Pasta w/meat sauce OR Mozzarella Sticks w/ Three Grain Pilaf OR Personal Pizza Steamed Fresh Broccoli Fresh Seasonal Fruit</p>	<p>21</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>22</p> <p style="font-size: 1.2em;">Thanksgiving Recess</p>	<p>23</p> <p style="font-size: 1.2em;">Thanksgiving Recess</p>	<p>24</p> <p style="font-size: 1.2em;">Thanksgiving Recess</p>
<p>27</p> <p>Baked Macaroni & cheese OR Mozzarella Sticks w/garlic bread OR Personal Pizza Fresh Spinach Salad Fresh Seasonal Fruit</p>	<p>28</p> <p>Cheeseburger w/ oven baked garlic fries OR Personal Pizza OR Toasted Cheese Sandwich Homemade Vegetable soup Fresh Seasonal Fruit</p>	<p>29</p> <p>General Tso Chicken over rice OR Meatball Sub OR Ham & Cheese Pockets Steamed Fresh Broccoli Fresh Seasonal Fruit</p>	<p>30</p> <p>Pizzeria Slice OR Chicken Pattie Homemade Split Pea Soup Fresh Seasonal Fruit</p>	<p>This institution is an equal opportunity provider</p> <p style="color: red; font-size: 0.9em;"><i>Menu is subject to change due to product availability or unforeseen circumstances</i></p>